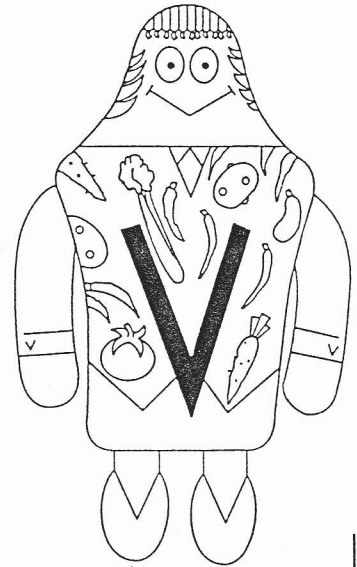


## Family Letter

# V



Dear Family,

Hi! I'm Ms. V, with the vegetable vest. I feel vigorous and full of vitality when I eat vegetables. I have been telling your child how valuable vegetables are. For one thing, vegetables have plenty of vitamins.

Of course, my vegetable vest also helps the children to remember my sound and my letter V/v.

- ✓ If you have some old magazines, encourage your child to look through them to find pictures of things whose names start with the same sound as vegetable vest. He or she may find a yacuum cleaner, a yan, a yase, a yideo—there are a wide yariety of possibilities. Help your child cut the pictures out and label them. You might work with your child to make a chart of these labeled pictures. Be sure your child Proves each word: Say "yegetable yest yan."
- ✓ If your child takes a daily yitamin pill, suggest that she or he check the label for my letter. It may appear a yast number of times.
- ✓ Help your child make a yery delicious dessert treat with yanilla wafer cookies. On each cookie, have your child write a capital V or a lowercase v with a tube of frosting. Of course, before passing out this treat, you'll want to make sure that everyone has eaten those yeggies!

Sincerely,

**Ms. V**